

Teen Aquatics

RED CROSS LIFEGUARDING CLASS

Classes are designed to provide the skills necessary to be an effective pool lifeguard. Training includes CPR for the Professional Rescuer, Standard First Aid and Lifeguard Training. Students must pass a basic swim test on the first day of class. Passing of class does not guarantee a position with the City of Morgan Hill. Proper bathing suit is required. For more information, please call Jolie Hunter at 408-782-2134 ext 701.

Instructor: City of Morgan Hill certified staff

Location: Morgan Hill Aquatics Center

Activity #	Date	Day	Time	Age	Sessions
5540.102	4/5-4/9	M-F	9am-5pm	15yrs+	5

Resident: \$175/ CRC Member: \$170

Non Resident: \$180/ CRC Member: \$175

WATER SAFETY INSTRUCTOR COURSE

Includes fundamentals of instructor training. This class is designed to teach participants the skills to be a successful swimming instructor. Participants will learn how to evaluate student's progress, plan effective swim lessons and make accommodations for students with disabilities.

Prerequisite: 16 years old and successful completion of pre-course test. Full attendance is mandatory for certification. Fee includes class material. Bring ID, swimsuit and towel to class. Proper bathing suit is required. For more information, please call Jolie Hunter at 408-782-2134 ext 701.

Instructor: City of Morgan Hill certified staff

Location: Morgan Hill Aquatics Center

Activity #	Date	Day	Time	Age	Sessions
5540.103	4/13-5/6	T/TH	5pm-9pm	16yrs+	8

All dates are for one course.

Resident: \$215/ CRC member: \$200

Non Resident: \$230/ CRC Member: \$215

Morgan Hill Splash

Aquatics Programspg 10

Recreation Swim Team, Water Polo Club

Swim Lessonspg 11-14

Things To Do
mark your calendars

Tons of fun, activities, and events
for the whole family. See page 4.
Just For Teens - page 32.

Teen Fitness

YOUTH STRENGTH TRAINING

FREE
w/ CRC
Mem.

If you are between 9 and 15 years old, these one-on-one training sessions are designed to help you achieve your health and fitness goals. The Youth Strength Training program has three different phases each consisting of 2 one hour training sessions. Each phase is designed to cover different topics such as stretching techniques, proper nutrition, introduction to our Fitlinxx system, cardio machines, strength machines, and some free weights. Each phase will need to be completed in consecutive order.

Phase 1: Introduction and cardio equipment

Phase 2: Strive Strength Equipment

Phase 3: Free Weights

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center, Fitness Center

CRC Member: Free

Sessions should be scheduled directly with Fitness Staff.

YOUTH "STRIVE" TO GET FIT CIRCUIT TRAINING

FREE
w/ CRC
Mem.

We're excited to offer a new line of equipment designed primarily for youth. Join us for an all inclusive circuit training class to help our youth/teens learn proper resistance training techniques, posture, increase self-confidence, self-esteem, strength-conditioning and foremost establish relationships amongst their peers and our staff. (Prerequisites-Must have completed YST Certifications Level 1 & 2)

Instructor: Fitness Staff

Location: Centennial Recreation Center, Fitness Center

Activity#	Date	Day	Time	Age	Sessions
2700.201	6/8-6/28	T	4:30pm-5pm	9yrs+	4
2700.202	7/6-7/27	T	4:30pm-5pm	9yrs+	4
2700.203	8/3-/24	T	4:30pm-5pm	9yrs+	4

Resident: \$40 / CRC Member: FREE

Non-Resident: \$45 / CRC Member: FREE

TEEN SPORTS SPECIFIC PERSONAL TRAINING

Our teen sport specific personal training will cater to teens ages 13-17 to encourage, engage and provide expertise for sport specific personal training. Our certified personal trainers will guide you through a personalized program that gives you fast and safe results. The most effective and efficient training methods and regimens will be used: plyometrics, resistance band, bosu, free weights and cardiorespiratory training.

Location: Centennial Recreation Center

Fees: \$65 per session (individual sessions)

\$270 6-session package @ \$45 per session

\$480 12-session package @ \$40 per session

\$576 16-session package @ \$36 per session

\$630 18-session package @ \$35 per session

\$816 24-session package @ \$34 per session

Personal training is only available for CRC facility members. The first session is an assessment session that will help the trainer establish the level of fitness of each individual to help determine training methods and to meet clients goals.